WOMAN'S HERALD

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor. DAILY DEPARTMENT OF THE

WASHINGTON HERALD. Correspondence is invited, Address all communications to the Woman's Editor of The Washington Herald.

SATURDAY, APRIL D. 1815.

WEDNESDAY, APRIL 14, 1915.

Harmless Night Air.

It is in a builetin of the United States Public Health Service that the old-as-the-hills superstition about the bane of night air is laid low. And this fear for the air of the vals of the theories of a primeval

winds that blow in the evening of will continue to be, good money in wellrises to molest you after sundown.

bodings. Night air has no more danaround the block but real brisk out actual training and experience,

To be sure, several women have suclung expanding likes Of course, it is saily work prevents, the next best

UNIVERSAL GOWN TO

Prizes to Be Awarded to Best Design for Woman's Gown for All

Competitive designs for the new "polymuriel" are now in order in New York. Mrs. A. M. Palmer, president of the "Rainy Day Club" has consent-ed to act as chairman of the committee that will make the award for this gown which has been proposed as a solution to the problem of simplified dress for women. The prize is to be awarded for the gown that shows the strongest combination of beauty, simplicity, durability and comfort.

GETTING A START.

DO IT NOW. By NATHANIEL C. FOWLER, JR.

Yesterday is past. Today is here. Tomorrow may never arrive. You have been responsible for the past; you are responsible for the pres-ent; and the future is dependent, not

altogether upon itself, but largely ppon what you do today. Great men in every department of They do not put off till tomorrow what belongs to today, nor do they overwork today that they may rest

tomorrow. They apportion their work and their play in a sane and sensible If you have a disagreeable task to perform, one which is likely to require all of your energy, complete it today if you can. If you do not, you will think about it today and labor over re-tomorrow. You will make two days'

work of one. Things undone, which ought to be done, are done twice. Any attempt to postpone that which should be attended to now means hard-er work tomorrow and more work the day after tomorrow. Doing it now stands for economy

and for peace of mind, for real rest and happiness.

If there is any one thing above all others which predisposes your employ-er in your favor, it is the finishing of

your duties on time, or ahead of time Some one once asked a great man to what he attributed his success. Instantly he replied, "To doing what I have to do, or what I should do, at the earliest convenient moment." You remember the old adage, "Prois more than that. It is the highway-man who gets in your way and hinders you from progressing, who keeps ou always in the rear rank of accomplishment.

Do it now. Do it at once. Refuse o postpone anything which cannot be carried over without loss.

Systematize your time. Allot work at the prescribed time, always imbering that even this principle be overworked and overdone men are altogether too prompt. crowd tomorrow's work into to They rush, they hustle. They themselves out unnecessarily Judgment must be used here, as in other action of life. every other action of life.

If you cannot follow the principle

however, you would better oward doing too much now than too little now. comes after accomplishment

not before it. Thought of what you base to do tires you, even though you may be reclining under the trees, listening to the babbling brook.
No real man, no man of success, ever rested when he had something

to do. He did his work first, and then enjoyed a well-earned diversion. Do it now, if you can. Today is cours. Tomorrow your opportunity may be lost. You may plan, and feel sertain of result, but you can never se sure of the future. Don't wait and "trust to luck." It is not a safe thing on which to pin your faith. The presnt moment is surely yours. Take it while you have it and make the most of it. It will never come again. Do it now!

PLAN SALOON CONTRACT QUERY Union Men Want to Know if The

(Consright, 1915.)

Are Bound to Buy Certain Beer. The Central Labor Union will investitate, some time this week, allegations to develop this model. It is trimmed that saloon keepers of the District who with bands of satin in a darker shade sent their premises from brewers are bound by contracts that prevent them from selling any draught beer other han that brewed by the owners of the same color. The one-piece gathered skirt has a tunic mounted in apronsityle. Six yards of S-inch material make the dress.

Pictorial Review dress No. 610. Sizes

"If such cases are found to exist," If to 29 years. Price, E-cents, said John B. Colpoys, secretary of the Central Labor Union, "a protest will be sent to the Excise Board, asking that he licenses of such places be revoked. he men agreement would be in direct riciation of the Jones-Works law."

₩ WHAT SHALL I DO?

Lunch and Tea Rooms.

One successful Young Woman For Who Began as a Waitress-The ceeding the opening of her lunch Value of an idea in This Work.

By MARY MARSHALL.

decent, but if she wants to be up-tocult of sun worshipers, who feared date, and do the really "smart" thing. everything that did not come within the sphere of the solar influence."

Yet you probably are still one of women of high social standing and forthese sun worshipers. You probably mer wealth, is that it is one which, if have a lurking feeling that there is properly undertuken, yields a really good income. There is no doubt about that.

There is at the present time, and there the dampness which you feel sure run lunch and tea rooms, and there is room for many more young women of business ability and training to take up But there is nothing in your fore- this line of work.

gers than the air of the daytime and successful at the lunch room business gers than the air of the daytime and it is at any rate a hundred times simple-cases where women who, just better than the air of a closed house, because they could make tempting sand-Yet most of us think that the hours wiches and set dainty tables, thought between sunset and bedtime are hours to be spent within the four walls getting that the real secret of making of our homes. Why not take walks at night-not just indolent strolls essentials can scarcely be gained with-

ceeded in the lunch and tea room busi-ness without any sort of apprenticeship have the benefit of sunlight added to or training other than what they have our oxygen but for those of us whose acquired in the running of their own homes, but the woman who is thinking of starting out in this business would be thing would be the evening outdoor on the safe stile in taking some practical training before she ventures forth. In the first place, the woman who wants to run a lunch room must have business ability. She must have an eye business ability. She must have an eye have to don a waitress' cap and apronhave to don BE SELECTED SOON to costs and expenses, must instinctive and actually go to work as this plucky young girl did, but she does almost of thing else. To carry on a lunch room where the cost of production exceeds the where the cost of production exceeds the receipts may result in a very popular resort, one which may, in fact, be crowded every day; but it is hardly a worth while venture. Business sense is either born in a woman or it is not, and the woman who has not naturally a bump for business had better keep out of the little and in the fashionable summer resorts there are dozens of lunch and lunch room business.

The other trait necessary for the lunch room business.

greatly in scope of training. They vary ly but artistically got up, will add an-all the way from a school like Teachers' other means of profit making.

College in New York City, where a spe"The most important thing to do,"

TODAY'S FASHION NOTE



May of the pastel shades of taffets, Pictorial Review dress No. 610. Sizes

Pictorial Review Patterns On Sale at S. KANN, SONS & CO.

briefly and without any special refer ence to lunch and tea rooms

Without a doubt, the best way to learn the lunch and tea room business ood Money in the Well Run Lunch safe to say that every day spent in such Rooms—Business Ability and the Ability to get Along with Employes and Patrons Two Essen-One young woman, who made up her tials to the Successful Lunch- mind that there was good money to be Room Proprietor—School of Ex- at a certain summer resort, went about perience the Best Training School. it in the right way to learn the busi-

For a few months of the winter preshe went to one of the big cities and actually went to work as a waitress in a fashionable tea room. In this capacity she learned the problems of pleasing patrons, the problems of the waitress her nighttime is, no doubt, a relic of the finds herself obliged to earn her own be set, and gained countless invaluable ancient fear of darkness, the "survi-Nowadays, when a society woman self. She learned how the tables should

ut away in the back of her head. When she had served as waitress for a few weeks she managed to have herself transferred to the kitchen, where she served as pantry girl, in this way learning how to make up various dishes and how to run the pantry. Then for a few days she had a chance to wash dishes in the absence of the regular dishwasher and, tiresome as this was, it gave

wasner and, tiresome as this was, it gave her the opportunity to view the lunch-room business from another angle. All the time she was working in this tea room she kept her eyes open to what was going on about her and was always cager to help in every way she could. Thus she maked an invisible into the Thus she gained an insight into the problems of ordering and buying, account keeping, etc., and when her stay in the city was over she knew not only all the ins and outs of the business of the lunchroom where she had been working, but she could have given the proprietor who had employed her many a money saving suggestion. Frequent visits to other tea rooms in the city supplemented this apprenticeship and finally made the fitting up of her own tea room a thing to be accomplished at the lowest possible fig-

that this young woman put in proved the value of the plan which she had fol-lowed, for she was able to make both ends meet after paying for all her fur-nishings and succeeded in giving her tea room a name that made the next summer's income amount to a net of a tho sand dollars.

resorts there are dozens of lunch and woman who wants to succeed at lunch rooms is the ability to get along with other people—with employes and with patrons; and this ability is also a trait of the particular establishment. Espethat is inborn in a woman, and the cially in the large cities people are woman who does not possess it had bet forever on the lookout for interesting ter join with the woman who has no places, and the young woman who business ability and keep out of the can create and maintain an interest with the rest-the knowledge of the tea room is sure of attracting a crowd particular problems of the business—ex-perience and training have to do. Willing to pay well for what they eat. Odd dishes, in keeping with the place, perience and training have to do.

This training can be got either in domestic science schools or in the class room of experience. The schools vary a particular sort of for, inexpensive-

pay large rent to make sure of a sup-

of many such opportunities herself. Tea rooms carried on in college towns, front and back are cut away to give a not too expensive but filled with little graceful line. From either side of the individual touches that make them front the fabric belt is started. It is many instances it really adds an addiindividual touches that make them a relief to the student from the ordinary dormitory board, usually prove successful. Tea rooms at summer resorts are more and more coming int Lunch and tea rooms in busy work-a-day districts in the large cities have a big opportunity at this very time that is not fully realized. In many of the business sections of our large cities there is room for some place where the better paid business women of the neighborhood can get a simple, well served luncheon in quiet spot, and thus he spared the noise and confusion of the large quic lunch resorts and the expense and glitter of the standard hotels and

restaurants. Another interesting departure for the young woman who knows how to run a lunch room is in opening an American unch room abroad. There are a very few of these in Europe, but there is room for many more, as American tourists with a taste for American "eats" will

testify.

Besides the undoubted fact that lunch that, while it means hard work while it lests, the working day is not long; and while there is sone lisk to start with still, when once started, it is a reasonably sure investment of time and labor, for people keep on cating and so long as folk have to eat there will always be some onlon tules or the same only are encouraging to the attainment of positions of trust and responsibility. While success may be slow it will be lasting, according to the interpretation of the scording to the interpretation of the showing the greatest play of emotions. Miss Coughlan we meat and add also some onlon tules or the same of the stage. Her face was one of the stage. Her face was one of the stage. To make stage, and was capable of showing the greatest play of emotions. Miss Coughlan we meat and add also some onlon tules or the stage and an infectious laugh that alone would have assured her success may be slow it will be lasting, according to the interpretation of the stage. Her face was one of the stage was one of the stage and expressiveness, and was capable of showing the greatest play of emotions. Miss Coughlan we meat and add also some onlon tules or the stage and the stage was one of the stage. Her face was one of the stage was one of the stage and the stage was one of folk have to eat there will always be business for the lunch and ten rooms.
(Corregat by Mary Marshall.)

Furnishing the Veranua.

A charming breakfast porch may be equipped entirely with kitchen furniture painted and decorated like the expensive the water twice. Drain and rub through a sleve when very tender. Sweeten to men for the navy.

Threatening signs prognosticate turn in the eleventh. This is said to indicate better conditions for Great Britain. There is an especially good of the United States next fall. At this meeting will be many of the most prominent women of America. Furnishing the Veranda. "peasant" and "cottage" sets which are a sieve when very tender. Sweeten to in vogue at present. One of the heavy, plain ironing tables that can be converted into a settee is the best type of table to cream on each.

a sieve when very tender. Sweeten to omen for the navy.

Threatening signs prognosticate serious dissensions in England, however, for the war policy will cause trouble among statesmen and military women voters, September to omen for the navy.

Threatening signs prognosticate serious dissensions in England, however, for the war policy will cause trouble among statesmen and military women voters, September to omen for the navy. buy, and the chairs should be of the plainest. Get your furniture in the natural wood and paint it any color you wish-though green, on the whole, is most satisfactory. Make or buy a stencil of some simple resign; conventionalized fon and attached to a bolero coatee or flowers, like the decorations on the a blouse of taffetas, crepe de chine, or Sprotter of the convergence of the conventions times that amount

the same way make very attractive gar- ly acceptable. Still, it is true that many den furniture.

Give a Birth Month Dinner. If you are looking for a novel form bias band. These of entertainment for your club or church chiffon or tulle. organization why not try a birth month The guests are seated at twelve ables according to the months in which the are been. The tables of the different makes?"

She are been. The tables of the different makes?"

She a got a case of flat tire."

Whooldy e mean, a flat tree."

She's weary of hym. in a

THE MOTOR GIRL



The motor season has set in with at the ends are bordered with Pekin silk rengeance, and those who go in for the in tan and brown combin sport consistently provide themselves with the proper kind of apparel.

all the way from a school like Teachers College in New York City, where a special course in lunch room cookery and administration is given in their school of household arts, to simple cooking schools where the problems of food buying and where the problems of food buying and the lunch and tea room question says, where the problems of food buying and do not open your tear room in a very busy neighborhood where you have to the fair motorist without burning to do."

Chief among this is the enveloping coat of Donegal tweed, introducing dust-proof tones of dull brown, tan, and white in the nub weave. The newest models are not more than three-quarters lengths, as this gives ample pro-Chief among this is the enveloping busy neighborhood where you have to tection to the fair motorist without bur-

tions are in oval contour, where the

is confined by a demi-belt decorated with gun metal buttons in bullet shape. The slash pockets are interesting be-

while Neptune is adverse.

miners, potters and masons.

weather

carelessly looped directly in front and tional charm to the smart motor garb.

This silk contributes the muffler col

turned back on a warm day or arranged

to completely envelope the throat and back of the head in case of inclement

At the back the fullness of the plaits

HOROSCOPE.

"The stars incline, but do not compel."

Wednesday, April 14, 1915.

This is an uncertain day. Astrology

The planet that is believed to have

and disastrous storms are foretold.

Portugal will still be under a sin-

wing to extreme conditions in the

Persons whose birthdate it is should

be wary in dealing with acquaintances of opposite sex. In business they will have anxieties, but they will succeed.

(Copyright, 1915.)

jects of Aries may be self-willed gotistical, but they are likely to be

industrial world.

TOMORROW'S MENU.

'And a large chestnut, the delicious Which Jove himself, were he a mouse,

> BREAKFAST. Rhubarb Sauce Cereal and Cream tis usages Coffse

LUNCHEON OR SUPPER. Tomato Sterr
Brown Bread and Butter
Soft Custard Coconnut Cake

DINNER. Vegetable Soup
Roast Pork Fried Apples
Baked Sweet Potatoes Lin's Bean Salad

Tomato stew-Add half a cupful of cooked tomato to some diced, left-over meat and add also some onion juice or diced onion. Cook slowly for half an hour, with enough water to keep from affairs by the aged who will resume hour, with enough water to keep from affairs by the agen who will burning, and then thicken with flour and many responsibilities, owing to the erbutter. Season with salt and pepper and fects of the war.

The new Moore of this date occurs

"Transparent" Is the Word.

Swedish or Hungarian pottery, are good. Stenell a border of these around your table and on the backs of your chairs. Faint it in bright "peasant" colors, and when these are dried go over the decorations with a waterproof varnish.

This is not work that demands any great skill, but it calls for time, patience and extreme neatness. The effect is well worth the trouble, for with the outlay of a few dollars you will have a set of furniture that you could not buy for five.

The new skirts are short enough. urniture that you could not buy for five en. The new skirts are short enough mes that amount as it is, any attempt to make then Dairy benches and tools decorated in appear still shorter will not be generous

From Houston, Too.

the extreme hem with one or two trans

parent floorices or with a transparent bias band. These floorices are made of

These flounces are made of

"What's the matter with your wife ory of hving in a flat. the place of their birthday in the month. Houston l'est

HOUSE **ECONOMY** CALENDAR FRANCE

MONOTONOUS BREAKFASTS.

Are the breakfasts served in your house

onetoneus? Those served in most houses are mo-notonous, far more monotonous than the luncheons or the dinners. And perhaps the very nature of accepted breakfasts makes them monotonous. For the con-ventional list of foods allowable at breakfast is small and the list liked by most people at the first meal of the day is

Fruit, cereal, bread, beverage and a Fruit, cereal, bread, beverage and a cooked dish—these heads include everything. Coffee, tea or milk come under the cooked or fish cakes come under the cooked dish, jam and marmalade come under the fruit, and pancakes come under bread. Yet even with a very limited list of foods served at breakfasts there is no reason, save laziness on the part of the cook or housekeeper, for serving mefoods served at breakfasts there is no feason, save laziness on the part of the cook or housekeeper, for serving monotonous breakfasts. For the few foods can be perfectly cooked, daintily served the polluted air is carried away. Moving air increases bodily evaporation and air in receases bodily evaporation and air or sleep in the draught if it cause disconfigit or the familiar sensation of and temptingly combined. air increases bodily evaporation and
Here are some spring-breakfast menus therefore cools the surface of the skin.

Shredded wheat biscuit, strawberries and cream, broiled bacon, corn bread, coffee (or tea or milk or whatever beverage is preferred). Silced oranges, chilled on ice, he

and cream, buttered, crisp toast, coddled Cream of wheat and prunes served together, parsley omelet, brown bread and butter, coffee.

Oatmeal and cream, hash, jam, toast, Stewed apples, fárina and cream, bacon muffins, honey, coffee.

Oranges, hominy and cream, scrambled eggs with minced ham, bakers' rolls,

Always cook bacon so that it is crisp and tender. It must not be dry enough to fly all to pieces the minute the fork touches it. Neither must it be a bit and tender. It must not be dry enough to fly all to pieces the minute the fork touches it. Neither must it be a bit soggy. Have the toast rather thin and toast it golden brown on each side, so that it is a little crisp. It must be hot, and it must be buttered just before hot, and it must be buttered by each individual or in the kitchen, but the butter must never be nut on it long enough individual or in the kitchen, but the but-ter must never be put on it long enough beforehand to dry into the toast. Prepare sliced oranges with a little granulated sugar and chill them thoroughly. Instead boiling eggs, place them into a kettle

of boiling water, put the lid on, and remove the water from the heat. Remove the eggs in from five to ten minutes, acg to the degree of softness de-Prunes, dates or figs can be served with cereal. Remove the pits from prunes and dates, and cut the figs into small pieces and mix with the hot cereal just before serving. Hash should never grow monotonous, because it can be so and widely varied. If it is tasteless, dissolve a soup tablet or cube in hot water and add. Sometimes cook it crust in a frying pan. Garnish it with parsley or cresses, and sometimes season with a little lemon juice or tomato catsup. To make bacon muffins, chop broiled or crisp fried bacon and add a few tablespoonfuls to each cupful of muffin



look unfashionable in any one of the numerous smug little chapeaux which her milliner will doubtless offer her.

The motor veil is a necessity, and in many instances it really adds an additional charm to the smart motor garb.

The motor veil is a necessity, and in many instances it really adds an additional charm to the smart motor garb.

The motor veil is a necessity, and in started out in life as a barrister, became an actor that Rose ever discoving an ounce of surpasses.

The motor veil is a necessity, and in started out in life as a barrister, became an actor that Rose ever discoving an ounce of surpasses.

The motor veil is a necessity, and in started out in life as a barrister, became an actor that Rose ever discoving an ounce of surpasses are often the result of a diet too rich are in no condition to care for food.

Nature, as a rule, takes away appetite in any condition to care for food.

Nature, as a rule, takes away appetite in no condition to care for food.

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Nature, as a rule, takes away appetite in no condition to care for food.

Nature, as a rule, takes a ncouraged by this brother of hers, she took up dramatic work as a mere child, and when she was in her early 'teens she was acting as one of the witches in "Macbeth." At 15 she was making a great hit in soubrette parts, and quite by an accident she was called upon to take the part of the leading lady. From that time on her finds that Saturn rules strongly good, success was assured. At 21 she was lady for the elder Sothern. She played sway over the riches buried in the "Twelfth Night," but her greatest earth gives promise of success for ag-riculturists. Crops that will bring for-Lady Gay Spanker, and as Peg Woff-

tunes are promised in some of the ington. Rose Coghlan never altogether over-States, but unusual dangers from pests came the mistakes of her early training, and even at her best there were This should be a favorable day for apparent irregularities in her art and a carelessness in her best acting. However, she was one of the most There is an omen of great good for-There is an omen of great good for-tune for dealers in leatner, Snoemakers her day, and this, perhaps, because of will gain wealth if they makers her day, and this, perhaps, because of Besides the undoubted fact that lunch and tea rooms pay—and a well run tea or lunch room in a large city or popular resort would, when well conning, yield from \$1.600 or \$5.600 a year or leven more—there are decided advantages.

Chestnut Cram

Will gain wealth, if they make the most of their opportunities, it is said.

The benefic aspect of Saturn is fortunate for leasing and for beginnings in building or repairing.

The influences today are encouraging alone would have assured her success alone to the attainment of positions of the luxuriousness of her beauty, ner most of their opportunities, it is said.

The benefic aspect of Saturn is fortunate for leasing and for beginnings in building or repairing.

The influences today are encouraging to the stage. Her face was one of will gain wealth, if they make the the luxuriousness of her beauty, her

WOMEN TO MEET IN FRISCO. Suffragists Will Gather on Expos

The occasion will be the convention of

women voters, September 14, 15 and 16 This event is listed in the world calendar, prepared and sent out by the exposition ister sway of the stars during the officials. It will be announced and fea-next few weeks. tured in every hotel, railway station, It is an auspicious day for hiring train, boat, club or other public assemwomen employers. There is a sign bling place for men and women in the read as warning against a tendency country. toward treachery and deceit this year,

The meeting at the Panama-Pacific Ex position promises to be one of the great-est events in the history of the suffrage movement in the United States. The principal features of the program will be a three days' business meeting a great public meeting in San Francisco Children born on this day will be and an open-air pageant on the exposi mbitious and persevering. These sub- tion grounds.

PLAZA AWARDS APPROVED.

Bringing the total awards thus far up 1900.000 President Wilson yesterda Crandall Heads Film Exhibitors. Harry Crandali was elected president the Plaza Commission, amounting to fibe Motion Picture Exhibitors' League the District at the annual meeting a tract being purchased between the Capitral League Union Station for park purposes. approved another group of decisions of tew nights ago. Other officers elected tol and Union Station for park purpo were Joseph P. Morgan, first vice president; Thomas Eastwood, second vice sent out as soon as legal transfers to icht: Harry P. Moorchead, secre-Rebert H. Campbell, Jr., treasurer; Hidell, sergeant-at-arms, and Dr., am a Herbst, Maurice Pavis, Mrs. no, Fulton Brylawski, and the railroad will make strenuous efforts

the amounts of the original awards.

n., members of the board to prevent the commission from reducing

low to be Healthy

Why "Moving Air?"

sleeping room, is not complete un-less the air is in motion, not neces-

made up of a very limited number of This is why we install electric fans in foods, yet all tempting:

air is still, even out of doors, we become of air that would be fraugh soon surrounded by a covering of moist comfort and possible danger warm air. Rebreathing this will cause ter. headache and vertigo.

prone to cause vertigo or collapse.

The beneficial effect of a sea voyage is largely due to the constant play of the cases just as necessary to health.

cate.)

ENTILATION. especially in the sleeping room, is not complete unhealth conditions are met) than those inland.

discomfort or the familiar sensation of "getting a chill." The movement of warm air is much icss noti No matter what the temperature of the room, the air should be moving. If the why we can stand in summer a current of air that would be fraught with dis-

When the health-giving advantages of We are all familiar with the unpleas-ant sensation of being in a crowd, under the conditions of still air. If the air is moving, even if the crowd be equally dense and the temperature the same, the fort as are the winter heating arrange-

Answers To Correspondents

care of this paper.

Appetite for Breakfast.

Mrs. C. H. D. writes: "What breakfast can you suggest to tempt a girl of beads combining green, gold, and blue 14 to eat? The girl is healthy, but looks tones on a dull blue cord are very efpale and I am afraid will get run down fective, as are amber and jet beads on

if she does not eat better." if she does not eat better."

a yellow cord. Pretty combinations
See that she gets up sufficiently early can be made, and, as they are not at See that she gets up sufficiently early to take a cold bath, either a plunge or rub, depending on her reaction, and that she exercise with her window open before breakfast. She should drink a glass of cold water on rising. If she does this for a week you will see an improved appetite. The chances are that the loss of appetite is not due to the breakfast, but that she bring a half-awake body and listless mind to the table. Fruit, stewed or fresh, cereals, eggs, bacon, browned or fresh, cereals, eggs, bacon, browned or creamed potatoes, muffins and toast are all good breakfast dishes. Teach her to realize that good cheer is nature's stimulant and that it is her duty to you and to other members of her family.

Cold and Fever. M. G. R. writes: "My children have frequent colds and my mother-in-law

insists that they eat heartily at such times. Will you tell me if there is any truth in the old saying, 'Feed a cold and starve a fever?'"

Beads Again.

Yellow beads on a black cord, or

To Keep the Face Fresh, Clear, Youthful

More important than the cosmetic care of the complexion is its physical care. To keep the face clean, fresh, youthful, there's nothing better than common mercolized wax. It absorbs the soiled or faded worn-out skin particles. Cosmetics simply add unwholesomeness to the complexion. That's the difference. By all means, acquire the mercolized wax habit. It's so easy to get an ounce of the wax at the druggist's apply at a particle like cold cream and was the officers. pay large rent to make sure of a supdening her with superfluous material in
ply of patrons, you have to be
the
first arrival in a more restricted neighborhood."

The sason when additional weight is not
desired.

There are all sorts of opportunities
with loosely box-plaited back and front,
for lunch and tea rooms and every
clever young woman can easily think
of many such notorist without burdening her with superfluous material in
a season when additional weight is not
desired.

The wise motor girl will adopt one of
the close-fitting hats and as the latter
with loosely box-plaited back and front,
in evidence now even for
lunch and tea rooms and every
clever young woman can easily think
of many such notorist without burdening her with superfluous material in
a season when additional weight is not
of the wax at the druggist's apply at
the close-fitting hats and as the latter
of the last century, Rose Coghlan was
for lunch and tea rooms and every
the better to insure proper width to the
skirt. As indicated, the underarm sections with opportunities
with loosely box-plaited back and front,
wax habit. It's so easy to get an ounce
of the wax at the druggist's, apply at
convenience and comfort.

The wise motor girl will adopt one of
the close-fitting hats and as the latter
of the last century, Rose Coghlan was
born in Petersburgh, England, sixtyfive years ago today.

Rose did not
of the wax at the druggist's easy to get an ounce
of the wax at the druggist's of the wax

ONEIDA COMMUNITY CTATE CILVER 2 Herald Coupons and 121c

These are genuine Oneida Community Silver—the recognized standard of silverware. Fully guaranteed by the manufacturers. Not cheap, imitation silverware, but heavily plated with 50 per cent of silver each. Richly engraved with the crest of the States -a spoon for every one of them.

North Carolina **Spoons Are Here**

-making a list of six States now on hand-Virginia, Connecticut, New York, Pennsylvania, New Hampshire, and North Carolina. Watch for announcements of others and make a collection of your favorite States.

CLIP **THIS** COUPON

This Coupon, together with one other clipped from yesterday's or tomorrow's Herald, with 13 cents, is good for one Spoon (25 cents for two Spoons), when presented to the office of The Washington

Note-When ordering by mail, add 3 cents extra for each spoon.